

HOW TO LOSE WEIGHT IN MIDLIFE

The Proven Framework that will Actually Teach You How to **Lose Weight, Shed Stubborn Belly Fat**, and **Increase Your Energy** for Good 🔥✨

This guide is amazing for you if you are a woman in midlife who's tried **EVERYTHING**: counting macros, tracking calories, and every other diet trick out there but still feel exhausted, anxious, and stuck with weight gain and stubborn belly fat ❌.

Midlife can hit hard, and suddenly, you don't feel like yourself anymore.

Your confidence is slipping, your identity feels lost, and you're left wondering where your energy went and what you're doing wrong 😞.

Here's the thing: If you don't **KNOW FOR A FACT** that the foods you're eating and the lifestyle choices you're making are truly fueling your body at every level — setting you up for effortless weight loss, unstoppable energy, and a thriving midlife then.....

GET READY! 🔥🔥🔄

With that being said, if you go through this and are thinking, **"I'M READY TO GO ALL IN"** 👉 **my entire framework is taught inside my 5-Day Challenge!**

If you want to learn the exact framework plus the strategies I use to teach my clients exactly how to shift the weight for good and finally get fast-tracked, sustainable results make sure to join!!

It's normally \$97 to attend but if you join as you're reading through this guide, you can get in for over **70% off!!** The challenge starts **SOON** so make sure to join asap if you want to take the next step.

Women have lost between 4 and 10 lbs from just this **one** challenge (aws well as lose inches and improve their bloating, sleep, and energy all within 7 days!!!) 😊

Here's the one-time link to grab your ticket! 👉👉

[**CLICK HERE TO GET HERE TO JOIN THE CHALLENGE \(70% OFF!\)**](#)

RIGHT, LET'S DIVE RIGHT IN! 🔄

Here's how this guide works:

I have recorded voice memos for you and they're linked throughout this document, be sure to **listen** 🙄🎧. I want you to **get as much out of this guide** as possible! ❤️✨

I use this exact strategy below **CURRENTLY!** This is the secret sauce that gets me and my clients **RESULTS**. 🙌

The way that I can guarantee that my clients thrive and become **healthy, lean, strong, energized, and confident** is because of **two very important things** you need to understand before we dive in:

✨**Blood Sugar Balancing Formula** ✨

AND

🔥**The Quality of Calories over Quantity** 🔥

I use these two things to **guarantee results** for my clients, and it's the exact strategy I use in my own life. It really can be that simple 🙄 but understanding these two components and **mastering** them is **KEY** 🗝️.

If you've been spinning your wheels, stuck in a cycle of counting calories, cutting back, eating healthy Monday to Thursday, only to sabotage your efforts on the weekend....

If your weight loss strategies you've used for decades no longer work and you've hit midlife with **weight gain, belly fat, chronic fatigue** as well as other issues (**low libido, anxiety, restless sleep, brain fog, hair changes**....) - then this is exactly what you need to hear....

Perfecting these two things will be easier than what you're doing now, and they'll get you off the starting line, achieving results ASAP. No more back and forth, no more frustration. Just steady progress and real, lasting change for you! 🔥

🌟 **STEP #1** ↻

Combining Blood Sugar Balance and Quality of Ingredients for Success



Here's some good news you may not hear anywhere else....true fat loss is **NOT** about calorie counting. It's **NOT** about calories in versus calories out. It's **NOT** about eating less and moving more!

I know you've heard from a lot of experts in the fitness and nutrition world that the answer to weight loss lies in; **counting calories, weighing your food, tracking macros, calorie deficits, low carb, keto, cutting out carbs, ozempic!!** It's confusing, right? It drives me crazy!

You've no idea who's right and what will actually work for you....What's important to know is that all of these "solutions" don't take into consideration the impact that specific foods have on your **BLOOD SUGAR.**

!! What it's really about 

QUALITY not QUANTITY (this is something many have not heard of before and it's SO important.)

Listen  [HERE](#) for the full breakdown 

 **STEP #2** 

Fill Up Your Plate for Optimal Blood Sugar Balance and Watch the Belly Fat Melt Away!!

Did you know that there are specific foods that most nutrition and fitness coaches will tell you are "healthy", but in reality they directly impact your hormones as a woman in midlife.

You can actually **FEEL** like you are making good, clean choices but it's actually not helping you get to where you want to be - in fact, it's just the opposite.

At the end of the day you actually wonder "**what is wrong with ME?**" It must just be 'me' because all these "experts" are saying that if I eat this particular way, or if I count my macros or if I cut out carbs, it should solve the problem.....

But **the truth is** the reason you **still** don't have the energy that you could have, the reason you **still** have that stubborn belly fat, and the reason you **still** haven't lost the excess weight is because there are very **specific standards** when it comes to the quality of the food you need to eat. This is one of the MAIN things holding onto your stubborn belly fat.

!!MOST IMPORTANT!!- Getting to the Root Cause of Your Weight Gain, Belly Fat, and Hormone Imbalance: (Anytime my clients do this they see that stubborn weight FLY off, finally)

Listen  [HERE](#) for the full breakdown 

 **STEP #3** 

The Game Changer

One thing I want you to do today is start by making sure your meals include a source of **protein**. This simple change will keep your **blood sugar steady, balance hormones**, eliminate those mid-afternoon **crashes, keep you full** and help you avoid those annoying **cravings** that can throw off your day.

Imagine waking up with the energy to tackle life and making it through your day without reaching for sugary snacks. One simple change, like adding a source of **protein** to each meal, can help you do just that.

Protein helps **balance your blood sugar**, which **stabilizes your energy** throughout the day and **keeps those mid-afternoon cravings at bay**. So many women tell me daily how much they **hate** dieting. They've tried everything, and nothing has worked. It feels like a constant struggle, a major effort and sacrifice, with no real payoff.

BUT, what if you could flip that “dieting” mindset? What if you thought about it this way...

FUELING your body instead of “dieting” and depriving yourself of calories? Protein is the first step to **fueling** your body in a way that **supports you, not punishes you**.


When you learn how to **fuel your body with the right foods**, balance your blood sugar, and include quality ingredients that work with your body (like quality protein), you'll start to see the **weight fall off naturally**.

And here's the best bit: You'll be **eating more than you ever have** before - and still **losing weight!** My clients often tell me they're **eating more**, feeling **satisfied**, and watching the **weight melt away**. They also notice a **big difference** in their **joints, inflammation, bloating, and even their mood**. This is what happens when you fuel your body the right way, restoring it back to its “factory settings.”

Your body will thank you, and respond quickly with **fast, incredible, sustainable results!**

But here's the real “a-ha” moment: It's not just about losing weight - it's about feeling like **YOU** again. When you fuel your body with protein, and your energy levels stay steady, you can finally say goodbye to those dreaded crashes or the hunger that leads to emotional and **binge** eating (have you ever been “good” all day then found yourself hiding in the pantry demolishing a packet of Oreos? All your efforts undone. Me too!)

But it doesn't have to be that way - and when you realise this, **everything will change**.

You'll finally be in control of your health and your weight loss journey. Everyone will notice the change in you. Your family will see a more energized you, and your friends/coworkers will wonder what your secret is! 

Protein (but not your basic “eat 30g at each meal standard advice!”)

Listen 👉 [HERE](#) for the full breakdown 🎧

🌟 STEP #4 ↻

Why Mastering your Blood Sugar is the Link you are Missing.....

Before we dive into how to balance your blood sugar, let's take a moment to understand what it actually is and why it matters so much for you, **especially as a woman in midlife.**

Blood sugar is the glucose in your bloodstream that fuels your body's energy needs.

It's your body's response to the foods you eat, providing energy to everything from your brain to your muscles. This is why the **quality** of what you eat becomes really important.

When your blood sugar spikes or crashes, it can leave you feeling drained, craving sugar, or struggling to lose stubborn pounds. So, why should you care?

Keeping your blood sugar balanced is key to you **feeling more energized, leveling out those mood swings, and supporting your metabolism** - helping you **shed the weight** that's been hard to lose.

Ever notice how your **energy seems to dip out of nowhere**, you get "hangry" or how **cravings** just seem to take over? That's often your blood sugar playing tricks on you.

When it spikes or crashes, your **hormones get thrown off**, and that can leave you feeling **sluggish, moody, and stuck with weight that won't budge.**

But when you learn to keep it steady, with the right foods like protein, it's like flipping a switch - you'll feel more energized, less hangry, and your body can actually **burn fat instead of storing it.**

Are you beginning to see how it could be much more effective than counting calories?!!!!

Think of it this way.....

Your blood sugar is like the fuel in a car. If you constantly give it the wrong type of fuel, the car won't run efficiently, and you'll notice it sputtering, stalling, or even breaking down.

The same goes for your body. Blood sugar plays a crucial role in regulating your energy, mood, and metabolism. When it's out of balance, it can make it harder to fall asleep, affect your hormones, and leave you feeling sluggish, irritable and gaining weight. You need to eat foods that work **WITH** your body, not against it. This is the **MAIN** thing holding onto your stubborn belly fat 🙄.

Listen 👉 [HERE](#) for the full breakdown 🎧

🌟 STEP #5 🔄

Why 'Healthy-ish' Foods Could Be Sabotaging Your Hormones (And What to Choose Instead)

Many women think they're eating 'healthy-ish,' but in reality, the foods they choose - often laden with **hidden sugars, pesticides, or additives** - can cause **inflammation** in the body and be **working against their hormones**. That's why **quality** is so important. It means choosing whole, nutrient-rich foods that stabilize your blood sugar and support your hormones.

Listen 👉 [HERE](#) for the full breakdown. 🎧

🌟 STEP #6 🔄

Ready to get off the Diet Roller Coaster for Good and Finally Shed Fat Without Restriction? 🚀🌟

So, with all that being said, if you want to learn exactly how to approach your food in a way that balances your blood sugar and works **with** your body to effortlessly lose weight for good (think diet freedom and lifelong health!), I invite you to join my **5-day challenge!** 🥰

Forget **EVERYTHING** you've ever been told about nutrition, clear your mind, and get ready! That stubborn, extra 20 lbs could literally be 1 month away from flying off! 🚀🌟

Over the 5 days, I'll guide you through simple, practical strategies to choose the **right foods** that will **balance your blood sugar**.....

You'll learn exactly how to eat for **effortless weight loss, hormone balance, and gut healing**, while saying **goodbye to bloating, reducing anxiety, boosting your libido, and increasing your energy**.

Most importantly, as a woman in midlife, you'll feel completely in **control of your body** again.

I know what you're thinking... **"Will this actually work for me?"** It's easy to brush it off as just another expert telling you what to do, right?

But let me tell you - this is **NOT** like all the other advice you've tried. This is the exact approach I used to heal my own body, put my PCOS and IBS-C into remission, and drop 20 pounds in less than 3 months. And don't just take it from me... It's the same framework that's been proven time and time again by the **hundreds** of women I've worked with 🥰.

They've gotten results, and **SO WILL YOU** because it's not about fad diets or restriction. It's about getting to the **root cause of your weight gain** and other midlife concerns.

Listen 👉 [HERE](#) for the full breakdown 🎧

So, if you're ready to go from fat STORAGE to fat LOSS

👁️.....make sure to join the challenge!!

Last chance get to get your **one-time discount code** CLICK 👉 [HERE](#) and
I'LL SEE YOU THERE! 💖

**Even if you can't make it live, I'd highly recommend you grab a
ticket to watch the replays!** 🎧

At the last challenge, after 5 days of following the framework, Jen not only lost several pounds, but also reported feeling **more energized** and **less anxious**. She even said her **hot flashes** and **midday slumps disappeared** and she was waking up with more **clarity** and **motivation** than she'd had in years, excited for the day ahead..... Energized with no more brain fog!! 🎉

Donna joined the challenge feeling overwhelmed by weight gain and low energy, unsure where to turn next. By day 7, she not only **dropped a couple of inches from her waist** but had significantly **improved bloating** and felt better than she had in months. She said the best part was how she finally felt like she was **in control** of her body again.

She was losing weight, not hungry and eating more than ever before 🎉.....

Can't wait to see you inside the challenge!! 🔥🚀